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IN THE

SUPREME COURT OF THE UNITED STATES

1979 Term

No. 79 - 8834

ORIGINAL COPY

MILLICENT LINDEN,

Appellant,

- v -

ST. MARTIN'S PRESS & SIDI BESSEL

ON APPEAL FROM THE UNITED STATES
DISTRICT COURT, SOUTHERN DISTRICE
OF NEW YORK

(COURT OF APPEALS FOR THE SECOND CIRCUIT
DENIED APPEALLNT APPEAL)

JURISDICTIONAL STATEMENT

REPLY AFFIRMATION IN OPPOSITION

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IN THE

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No. 79 - 6034

MILLICENT LINDEN,

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- v -

ST. MARTIN'S PRESS & SIDI BESSEL

ON APPEAL FROM THE UNITED STATES DISTRICT COURT, SOUTHERN DISTRICT OF NEW YORK

(COURT OF APPEASL FOR THE SECOND CIRCUIT DENIED PLAINTIFF APPEAL)

JURISDICTIONAL STATEMENT

REPLY AFFIRMATION IN OPPOSITION

Plaintiff-Appellant, Millicent Linden, responds to defendants' MOTION dated June 19, 1980 affirming in opposition to said Motion the following facts, fully documented and irrefutable:

This Court's most recent ruling, June 17, 1980, protecing new forms of life, (No. 79-136) supports and upholds plaintiff's claims in the instant matter in all respects, and countermands defendants' arguments in all respects.

Plaintiff has shown in the STATEMENT OF JURISDICTION the TENSION-in-REPOSE original design-patterns that evolve an entirely new positioning of the human life form, from an acute angle to a right angle to the surface of the axis of the body

which id non-existent in contemporary stage of evolution and never conceived of at any time in human history by any human being; all human beings, past and present, assume the upright stance with the axis of the body at an acute angle to the surface; all animals' bodies are on the horizontal plane.

The signficance of this fact, among a host of others pertinent to the new adaptation of the human upright stance, is inescapable. (See Exhibit No. 1, annexed herein)

Defendants would have anyone believe that plaintiff's works are "..not important.." Dfs' page 5, paragraph 4), that "no special and important resons exist" to warrant plaintiff's JURISDICTONAL STATEMENT or Writ of Certiorari.

It is significant that defendants make NO REPLY at any time to the issues contained in plaintiff's Brief.

Defendants have no response to the undeniable fact of the CONVEX curves in the human column of vertebrae existing naturally in the contemporary stage of evolution, which form the basis for the backward bending direction of the universal, biological act of stretching, of traditional systems of self-care and therapeutic systems for the body following the natural formation of the convex curves that predispose the direction of bending the back backward, that plaintiff's original designs are in diametric oppostion to both natural, existing predilections and traditional human devisements, that plaintiff's original TENSION-in-REPOSE deisn-patterns are in a FORWARD, CONCAVE ARCH bending the vertebral column in a forward direction.

Defendants do not respond to the significance to the life form of the difference between the two different directions, backward and forward, which plaintiff documented from sceintific-technical facts, known and unknown, observed, unobserved, etc.

On the very first page of the brief, defendants would distract this Court's attention with bias and influencing this Court's attention and ruling by citing plaintiff's previous and other efforts to invoke the copyright protection statutes and Consitutional mandate, Article 1, Section 8, Clause 8, for plaintiff's original TENSION-in-REPOSE designs.

As an independent, unaffiliated individual-researcher with no indpendent means, plaintiff has had to single-handedly promote and disseminate the original, unfamiliar T-in-R designs; like all previous unfamiliar and original designs, concepts, systems and programs, by their very unfamiliarity, they either alienate or become repeatedly rejected.

Plaintiff, notwithstanding the onslaught of obstacles, never left a stone unturned; plaintiff cannot assume or take any responsibility of the lack of comprehension of the intrinsic merits of the original T-in-R designs and program.

And like many another original program rejected by all for long standing years, and with the inherent effectiveness surfacing within the element of time, the same work, rather than being properly accepted, is purloined by those who turned it down initially, as is the case herein of the defendant-publisher - who turned plaintiff's works down TWICE.

Defendants would regale this Court with the unsuccessful previous efforts at being heard on the facts of the issues. Plaintiff's unsucessful efforts in the courts cannot and DO NOT change the facts of the issues; they remain intact and are bound to surface in the large court of life and public welfare.

Paradoxically, any member of any Court must inherently have a personal if not professional active interest in the welfare of one's own life. Any one would have the healthy

desire to enhance one's own life, to know by what means nature affords instant replacement of energy everywhere, to know what the mechanism is that permits one to exert minimizing effort in order to produce more energy with better results and effectiveness, to not have to feel heavy in body and push more body weight around than is comfortable, and, further, bordering on such spontaneous, self-generated inner spring impusle to capture a glimpse of the bounding, high leaps of the gazelles. Everything divine runs on light feet; Leonardo da Vinci wrote in his NOTEBOOKS: "Every heavy body desires to lose its heaviness".

No traditional system of practices and designs can ever accomplish the dispelling of the sense of weigtiness of body. All traditional systems employ the CONVEX line form, when ALL LIFT STEMS FROM THE CONCAVE line form. While it has been known for as long as science has existed that weight consists of the mass plus the pull of gravity, there has never been any association of the concave curve in designing human patterns of motion within the concave curve; in fact, the very opposite has been the steady, demanding, commanding stream through the ages of avoiding the concave curve like the plague, and every one has been urged to NEVER SLUMP, SIT UP STRIGHT, STAND UP STRAIGHT.

Lift is the counterpoise to the downard pull of gravity; with the counterpoising of the gravitational pull, the body weight is evenly distributed, inner equilibrium enhanced and body buoyancy exists within the ocean of land as it feels in the ocean of water; no traditional system engaging the CONVEX CURVE can ever affect such body buoyancy; TENIONS-in-REPOSE does.

The development of such delicate inner equilibrium plays host to an undending series of consequences, among which falls the recent publicaized question of cholesterol deposits ostensibly linked to dietary habits and foods, and other approaches.

Recent headlines, June 11, 1980, read: WHEN SCIENTISTS DISAGREE, CHOLESTEROL IS IN FAT CITY: CURB ON CHOLESTEROL ISN'T NEEDED: SUNNY SIDE UP FOR CHOLESTEROL (Exhibits Nos. 3,4,5)

The approach to cholesterol count and content within the system through dietary control has brought only disagreement and no conclusive, proving evidence that it is the major factor on cholesterola deposits.

The approach to sholesterol count and content within the system trhough "exercise" has brought no concrete affect upon the cholesteroal count and content in the system.

Even when the pull of gravity is approached, there is no recognition facts extant in nature. Another recent report, May 13, 1980, Exhibit No. 6, displays equal disregard for universal precepts that apply to the human consstitution.

The latter article begins by saying that"few peiple give much thought to gravity", and displays sketches and instructions of the familiar, traditional systems of "exercise" of convex curve backward arching of the vertebral column, straight back line form, etc., and goes on to say that "..that it would take about eight hours of exertion daily to equale the exertion imposed by gravity."

The research reported on in the article describes the purpose of mitigating muscle and bone atrophy during future outer space expeditions in the stressless, zero gravity environment.

Neither the cholesterol controversy nor the search for gravitational and non-gravitational counterpoise on land and space respectively are resolved either by deitary or traditional exercise approaches.

Movement is the cause of all life; no food can ever displace the major factor and role of the fact of movementitself.

It's no wonder that there is no agreement among the experts on the role of dietary habaits and food contents upon cholesterol count and deposits in the system. The manner of movement takes precedence with the fact of movement over all following life-support needs such as food. It is the qact of movement which determines the processing of the foods; without movement, there is no processing of food, any food; the qaality of movment determines the dynamic efficiency and thoroughness of the processing system in each cell of the body that acts as a factory; it is the efficiency of the factory that keeps the food assimilations in balance.

TENSION-in-REPOSE is an all-embracing single action that unifies all systems into capacity efficiency; no cholesterol deposits are left in the cell processes when the whole body is in full efficiency, and full efficiency can only take place with simultaneous, synghronized balances and equilibria - a human gyroscope. Where all manner of dietary experiemntations failed to lower the cholesterol count, TENSION-in-REPOSE succeeded. This was proven in laboratory testing in a pilot project. Exhibit No. 2.

Where all manner of tradtional exerc ise systesm failed to lower cholesterol count, TENSION-in-REPOSE succeeded in the same pilot project cited above.

Physiology and space experts can proceed with all manner of research and testing, but until they recongize, appreciate and combine the common elementary and fundamental facts underlying each other's discipline, their searches remain in vain and the solutions elusive. No amount of traditional exericses with their convex curves and straight line forms however many hours of application will ever balance the degree of gravitional pull of lack of it in the void of space. Each and every entity is its own world embracing the fours strong forces in nature described

in plaintiff's JURISDICTIONAL STATEMENT; every life form, every inanate object, is embraced within a covering, an evelope, a periphery as is the sphere of the sun, the earth, the galaxies; a rock has a surface; a body has a surface, a covering, the skin.

Each covering, each surface is a series of concave curves; each series of concave curves embraces the four strong forces in nature; gravity is the last and the weakest of them.

At no time can any conVEX curve deal effectively with the fact of gravity; a convexity is a protruberqnce, and a protruberance is definitely a break in the series of the conCAVE series of curves thatform a surface, a protective covering; to break the covering witha protruberance is to introduce destructive forces into the entity so that the contents nolonger having an evelope to contain them fall out and the internal parts are in disruption.

All convex form lines in the tradtional systems of exercise intefere with the forces of nature that hold harmony; the protective measures undertaken by nature are so potent, that bodies survive despite what humanity does to them; it does not, however, enhance those life forms, for to create conflict with dissonance is to cause undue friction within the internal parts; harmony does the opposite - it reduces internal friction to the bare minimum needed for connectinions for contacts for interchanging their complementary roles to support life qith quality and ease and pleasure.

The foregoing facts have never been understood or undertaken at any time by anyone in history; when defendants repeatedly repeat the District Court's allegations of plaintiff's/"patently lacking action in merit", "completely baseless", (page 4), etc.), it merely includes the District Court among those who could not grasp the comprehension of the unfamiliar and original concepts within TENSION-in-REPOSE; it merely reflects the common attachment that the human body is so unique that it is above common laws in the universe, that what applies to

inanimate objects does not apply to the human body, but this is not a fact which can stand up to the constant, unchanging principles inherent in the four strong forces in nature. The GRAND SIMPLICITY in nature's unchanging laws and principles acts as a dependable support even as the pattern within it has an internal foundation for its support for each and every object add life form everywhere.

Every atom has a nucleus; that nucleus contains 99% of material substance in the whole of the atomic structure which is 99/99 % space (electrons make up the remainder of the material substance besdies the nucceleus) which form the periphery or protective cover of the entity of the whole atom.)

Every material substance has a center; every human body has a center; the center can only be reached trough the conCAVE curve; no convex line form as used in traditional system s of exercise can ever hope to have contact with its central nucleus.

Having the body assume the pattern of the atom as depicted in plaintiff's first book published in 1961, nature's GRAND SIMPLICITY takes form and with it the internal harmonies so longed for by all. Exhbit No. 7 TENSION-in-REPOSE HUMAN GYROSCOPE, in the pattern of the atom the two ends of the spine angled towards each other and the umbilical center, forming both vertical and horizontal diameters. Exhibit No. 8 summarizes some of the inherent properties of the TENSION-in-REPOSE self-generated movements responding to the four strong forces in nature described in previous brief and above. Exhibit No. 9 gives further description of the T-in-R system and instant replacement of energy through immediate reference from the special, original design-patterns formed from the GRAND series of concave Curves. Only by adhering to the common sense fact that the WHOLE of any entity is affected by the affects of movement, that the WHOLE is greater than the sum of its parts, that to affect any change in the internal parts to affect the WHOLE, the WHOLE

must be given first consideration prior to any devised movement which must conform to the existang techniques in nature for all life forms as well as other objects and their forms. The forces of evolution are also the forces of nature in harmony for nature knows how to protect and assure the surivval of the species and this is seen in the EMBRYO FORM, an obvious series of ConCAVE curves which is the form assumed by all species prior to birth and formed at conception period. To affect a more upright and easier vertical stance, the fulcrum of the body, the pelvic area must respond to the proper angulation; to tilt the angle of the pelvis forward and up involuntarily, as a reaction to the action of the Concave Curve the position the body assumes, the WHOLE BODY MUST be engaged so that all the parts can be readied and alerted to adjust to each other their own forms and their own functions for complementary exhcanges without undue friction.

No Cpnvex curve or straight line can accomplish that; only the Concave curve can make the adjustments and adapt the new position properly with no harmful interferences or effects. TENSION-in-REPOSE does that, conforming with the history of the evolution of thepelivs. Exhibit No. 10.

The shfiting of the anglution of the tilt of the pelvis is the heart of the dealing with food processing, balanced gravitational pull, in and out of zero gravity, and a host of other concomittant results and effects, effects included among those regarded as "immaterial" as in "mental" health. There are no separations when the WHOLE is intact between what is considered "mental" and what is seen as "physical". All enhance each other always. Exhibit No. 11, medical acknowledgement of effects of T-in-R upon psychiatric patients.

The District Court denied plaintiff any opportunity to present any description, explanation, documentation, etc. during

trial before the jury; there was recongition of difference between bending backward and bending forward, convex and convace designs, but it was also apparent that the difference meant nothing to them without the attendant reasons and technical documentation to prove the world of difference fo the effect of each upon the bddy. The Dist5ict Court was in the same predipsosed manner of mind and affected the jury throughout the proceedings. The pattern was a fimailiar brnad of the same preceeding manner of previous efforts and trials. Where there is no immeidate comprehension, there is anomosity and alienation and even ridicule, and in the instant matter, outright cruelty by the District Court demanding defsnse Deposition formidable costs knowing plaintiff's lack of means, of existing on public disability assistance; it is as though the District Court were turning such unaided efforts of the individual of constructive initiative and public welfare into a matter of criminal offense.

The search for solutions, as the muscle and bone atrophiing in outer space expeditions, the cholesterol controversy, the mental aberrations without/biological sources, etc. makes the matter herein knowing the a grave responbility before this Court. There is no inner peace and sereuity without the Gyroscopic properties and principles applied to the human anatomy through TENSION-in-REPOSE; there is no inner support without the material usbstance of the nucleus and the protective periphery of the electross, these and other facts and factors more than warrant this Court's Jurisdiction and ruling on the issues.

CONCLUSION

For the foregoing reasons and all the facts in the record, it is respectfully submitted that the appeal be granted in its entirety.

Dated: June 21, 1980
New York, N.Y.

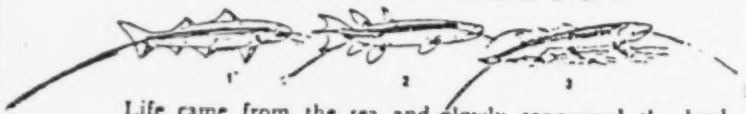
Respectfully submitted,

Millicent Linden
Appellant, pro se
500 East 74th Street
New York, N.Y. 10021
(212) [illegible]

Tension - in - Repose

THE LADDER

ARCHING & E X T E N D I N G



Life came from the sea and slowly conquered the land, always ascending in form and defying gravity.

The most profound skeletal changes in the upward trend occurred when we went from a four-legged to a two-legged mode of locomotion.

The adaptation of the human body to the requirements of the upright posture, although not perfect, is well-blocked out. The fundamental adjustments have already been achieved.

If man continues to exist, he will continue to evolve. The forces that wrought the present status have not abdicated their functions.

Any improvement in man's adaptation in the ladder of life, in the constant defiance of gravity, would help characterize future man.

Man, who has learned to control the elements around him and to fashion his own culture, can also take over the function of directing his skeletal evolution by taking small steps toward a more erect posture. Though it be but a small degree, even as much as a grain of sand, it would be at his

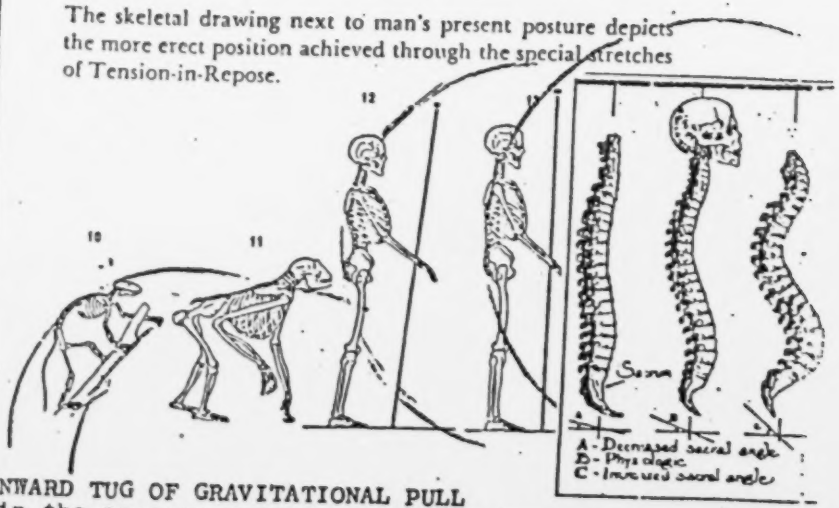
OF LIFE - THE EVOLUTIONARY LIFT

ALL LIFT STEMS FROM THE CONCAVE CURVE

direction, and he would be exploring the inner spaces of his own physical home—his body—as well as taking up the exploration of the outer spaces around his home.

The TENSION-in-REPOSE special stretches improve on the present adaptation of the human skeleton because they contribute toward a more erect posture in a naturally free and flexible manner. Since they are themselves evolutionary in their development of the body—through nature's own laws—man may reach a little more for the stars while still walking the earth.

The skeletal drawing next to man's present posture depicts the more erect position achieved through the special stretches of Tension-in-Repose.



CONCAVE: ARCHING RESISTS AND BALANCES THE INWARD-DOWNWARD TUG OF GRAVITATIONAL PULL
The concave curve turns inward; everything lies within the concave curve; everything turns itself inward. All diversity lies within the concave curve; all developments of diversities occur within the concave curve Gravity is resisted by the lift in and of the concave curve; the concave curve is stronger than gravity. All forms are initially predicated upon concave curves and triangles. SPACE ESSENCE OF PRESSURE: containment Forms & pressures respond to each other within the spatial proportions from within the curved frame of-/

Tension - in - Repose
500 EAST 74TH STREET - NEW YORK, N. Y. 10021

AMERICAN HEALTH FOUNDATION
1370 Avenue of the Americas, New York, N.Y. 10019

A scientific study has been done on Tension-in-Repose at the American Health Foundation. It was begun on August 4th, 1975; the end of the study was on August 26th, 1975. Eleven subjects participated. Sessions were of fifteen minutes to a half-hour duration. Before the study blood pressure and blood test for cholesterol count were taken. The same procedure was followed after the study.

Following are representative results of the study of the individual subjects and the subjects collectively:

One subject with severe hypertension had a blood pressure reading before medication with a 30-point difference in the systolic pressure between left & right arms; in 7 months of medication the difference was an average of 10 points; in six T-in-R sessions in a 2 week period the difference was 2 points. The readings were:
before T-in-R 124/96 L., 120/86 R.
during T-in-R 116/88 L., 114/80 R.
after T-in-R 118/76 L., 118/78 R.

Subject's body measurements:
before T-in-R: 37-30-39
after T-in-R: 37-28-38

Erratic blood pressure in all other individual subjects also became normalized within the T-in-R session time.

Another subject, noting the laboratory results of the blood test for cholesterol count, 193 before T-in-R, 177 after T-in-R, wrote: "My cholesterol has gone down to a level where it's never been. It always tended to be on the high side." Subject had not changed usual diet.

Subjects that changed to a high cholesterol diet had no dramatic change.

The dimensions os one subject before T-in-R were: (bust,waist,hips)
2 days after, they read: 40 - 35 - 44
40 - 33 - 43

All subjects' dimensions changed towards proportionate symmetry, whether slim or over-weight.

One lost nine overwight pounds, another gained one desired pound. Uniform effects included also: improved posture involuntarily, sounder sleep, instnat refreshment from fatigue, body buoyancy, increased stamina, relaxed tensions, increased efficiency in all motions & general well-being.

Excerpted comments include the following: "I came to work feeling very tired; to my surprise, I was really looking forward to the Tension-in-Repose class. After doing a few stretches, I could feel a sort of lightness. It was as though I was floating thru air. The stretches are very relaxing, especially after working all week. I really feel different from when I first attended class." From a "sway-back" subject: "..a noticeable difference in the line of my back. It's actually straighter - my sway back much less pronounced. ...I feel lighter. ...there is a sort of sense you feel of balance & rest. ..There was one time when I felt for a second that I didn't have a body almost. It was a moment of complete peace." "I feel wonderful after doing T-in-R. They provide incredible release of tension that I'm not even aware I have. ..my posture has improved noticeably, & my gait has changed. My lower back discomfort is reduced. I have increased endurance both muscularly & with my breathing." "After attending a class of T-in-R at lunchtime, when I returned to work, I felt as though I had just gotten up from 8 hours of sleep. I felt so refreshed. When I feel tension coming on, I do a few of the stretches to unwind; a good feelin

When Scientists Disagree, Cholesterol Is in Fat City

By JANE E. BRODY

In the last few decades, millions of Americans have made significant changes in the foods they eat. They've reduced their reliance on saturated animal fats, like butter and lard, and greatly increased their use of polyunsaturated vegetable oils (the net result, however, has been a higher total fat consumption). They've cut drastically the number of eggs they consume and reduced their intake of fluid milk.

These changes were prompted partly by economics and partly by a growing concern for health. For all the foods that have lost in popularity are reputed to be bad for the heart.

Last week, however, the Food and Nutrition Board of the National Academy of Sciences, a group that is responsible for advising the Government on the healthfulness of the American diet, said one of the most widely publicized of these dietary anxieties — concern about fat and cholesterol — was unfounded. Lacking ironclad proof that changing one's diet can prevent heart disease in otherwise healthy persons, the board recommended no restriction in cholesterol intake and no reduction in fat consumption except as is needed to maintain a normal body weight.

The board's conclusions, which are at wide variance with the beliefs of many scientists and scientific bodies, dramatically illustrate a basic difference in approach between two schools of scientific thought — the epidemiological and the biochemical — where fat and cholesterol, and their relation to heart disease, are at issue.

Cholesterol, found in egg yolks, animal fat and muscle tissue and made in large amounts by the human body as well, is the principal ingredient of deposits that accumulate in human arteries, narrowing their passageways and increasing the risk of heart attack. Saturated fat, most of which comes from animals, raises the level of cholesterol in the blood, and is presumed to contribute to the artery-clogging process. On the other hand, polyunsaturated fats, mainly from vegetable sources, lower blood cholesterol levels and thus may help protect against disease of the coronary arteries.

The American Medical Association and food industry groups, including producers of eggs, meat and dairy products, were quick to express approval of the Food and Nutrition Board's rejection of fat and cholesterol warnings. The board's view is also shared by independent scientists who believe it is unwise to monkey with the American diet, given our general good health, slowly increasing longevity and the lack of evidence that changing the diet can have a life-saving effect.

However, the board's advice is contrary to that offered by at least 18 organizations concerned with nutrition and health, who agree that it is "prudent" for Americans to eat less saturated fat and less cholesterol. Their recommendation stems from what might be called the "better-safe-than-sorry" approach to health.

Studies have shown that in countries where the diet is rich in animal fats and cholesterol, the coronary death rate is much higher than where far fewer animal products are consumed and vegetable oils predominate. The relationship is almost a straight line: the higher the consumption of saturated fats, the higher the average level of cholesterol in the blood and the higher the death rate from heart disease.

Two persons on the 15-member board that dismissed these epidemiological studies as insufficient to warrant a dietary change have done research supported by the American Egg Board, and the scientist who wrote the report, Robert E. Olson, a biochemist at St. Louis University School of Medicine, serves as a paid consultant and scientific adviser for the egg board. Dr. Olson said, "My conscience is clear. The data used for the report were based on the published literature, not my association with the egg board."

Significantly, no one on the board is an epidemiologist, a cardiologist or a public health expert. Rather, the board is heavily weighted with univ chemists and nutrition researchers. And t the difference between two disciplinary a to nutrition and health.

Biochemists, though willing to admit t are ultimately what they eat, are well awa the most part, they are ignorant of the che physical processes that underlie the transi They have not been able to follow a cholest cule from its source in an egg yolk, for exar end as an obstruction in a coronary artery they have direct evidence of cause and ef are reluctant to lend their names to rec tions for dietary change based on circumst dence. They also tend not to think in publi social policy terms, but rather confine the more narrow individual considerations.

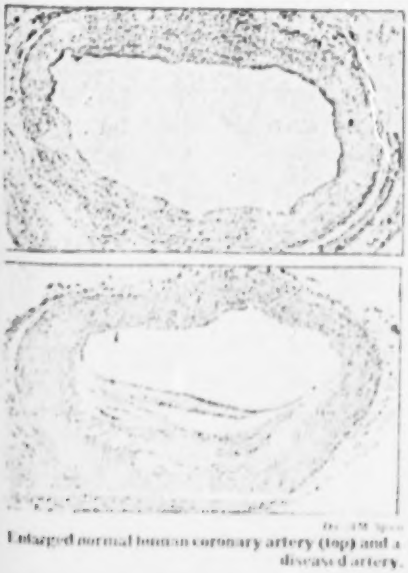
Epidemiologists, however, start with cl tial evidence — how often does A follow B, what conditions? — and while they are n ent to biochemical detail, many of them on statistical studies alone, that the ingesti quantities of cholesterol and animal fats i increase the probability of heart disease.

In addition to epidemiology, however, cl animal studies bolster the prudent-diet a example, in a 12-year study of persons liv mental hospitals in Finland, introduction c terol-lowering diet for six years led to a deaths due to coronary disease; when the was restored in one hospital, coronary deat

However, it has not been shown th change among free-living persons can have heart-saving effect, a fact which prompte and Nutrition Board to opt for the status and cholesterol.

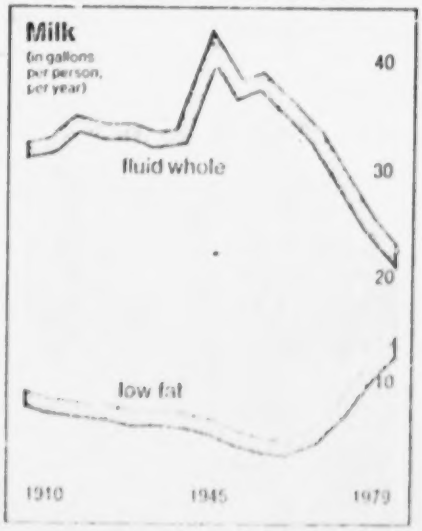
Unfortunately, the kind of study needed provide "ironclad proof" of the benefits change among free-living Americans is n be done. A Government-supported diet-h bility study conducted in the late 1960's sh such a study, though immensely complic in fact have been conducted, but it was nev Now, a similar project would cost hundr lions of dollars, prohibitively expensiv times of constricting research dollars.

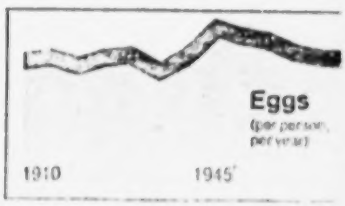
And the best kind of study — one in w sands of Americans ate a prudent diet f hood on — is logistically too difficult and produce conclusive results for perhaps h tury.



Enlarged normal human coronary artery (top) and a diseased artery.

What Americans eat





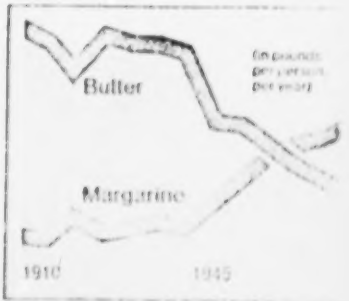


EXHIBIT # 3

THE NEW YORK TIMES, SUNDAY, JUNE 1, 1980

Experts Assail Report Declaring Curb on Cholesterol Isn't Needed

By JANE E. BRODY

Government experts on nutrition and health in several agencies have sharply criticized as inadequate and misleading a report on diet by the Food and Nutrition Board of the National Academy of Sciences that found no reason for the average healthy American to reduce the intake of cholesterol and fat.

The report, prepared by a six-member unit of the board and issued last week, said there was not enough evidence available to make a general dietary recommendation aimed at reducing the risk of heart disease.

"It's true that not all the facts are in," said Dr. Robert Levy, director of the National Heart, Lung and Blood Institute, a division of the National Institutes of Health. "But to recommend doing nothing in the meantime is inappropriate. The existing information indicates that Americans should hedge their bets and seek a diet lower in saturated fats and cholesterol, at least until more evidence is available."

The six members of the study group defended their conclusions, saying they were based on a long and careful review of existing studies.

Government officials, however, have expressed these reservations about the members and their procedures:

¶Important scientific data were disregarded by the board, particularly a vast number of epidemiological, or population, studies that link a diet rich in fat and cholesterol to a high risk of heart attacks.

¶The board, which has no members

Continued on Page 18, Column 1

U.S. EXPERTS ASSAIL CHOLESTEROL ADVICE

Continued From Page 1

who are epidemiologists, cardiologists or public health experts and which consulted none for the study, does not have the balance of experts needed to evaluate such data properly. The board is composed largely of biochemists and nutritionists.

¶The board has strong ties to the food industry. Two members are food company executives and some members from universities serve as paid consultants to food companies, including egg producers. Although the board receives Federal contracts for specific projects, its basic support comes from food industry contributions, which were used to finance the diet report.

¶The board's recommendations are inconsistent, saying that it is "scientifically unsound to make single, all-inclusive recommendations to the public" about diet and then doing just that with regard to salt and alcohol intake.

The 20-page report concluded that since clinical studies had not shown a life-saving benefit from eating less fat and cholesterol, it was unwise to issue broad recommendations on these nutrients. The board said that it discounted the epidemiological studies because they showed only coincidental associations between fats, cholesterol and heart disease, not cause and effect. However, the report emphasized the importance of maintaining a normal body weight and suggested reducing fat intake and increasing exercise as the best ways to lose weight.

"What came out was another report of opinions, rather than any new facts," said Dr. Levy. "Those who wrote the report have expressed these same opinions for the last 10 years."

The board chairman, Dr. Alfred E. Harper, and the head of the group that wrote the report, Dr. Robert E. Olson, have often said there was no adequate evidence on which to base dietary guidelines for the general population to reduce the risk of heart disease. "I believe our report was done in a very objective way," Dr. Harper said.

'Not All the Facts Are In'

Dr. Levy, who says he does not advocate drastic dietary restrictions, noted that Americans had been changing their diet in recent years toward one lower in saturated fats and cholesterol. "This is not a time to go backwards," he added.

Dr. Wayne Callaway, chief nutrition specialist at the Department of Health and Human Services, formerly the Department of Health, Education and Welfare, said, "Although the report was written to reduce public confusion, it will probably contribute to it."

Last February the department, in conjunction with the United States Department of Agriculture, issued a series of dietary guidelines recommending, among other things, that healthy Americans avoid eating too much fat, especially saturated fat, and too much cholesterol. Dr. J. Michael McGinnis, Deputy Assistant Secretary for Health, said that "the weight of existing evidence" continued to support that recommendation.

An administrative officer of the Food and Nutrition Board said that the development of the report was financed by money paid to the academy by the 80 food companies represented on the board's industry liaison committee. This committee is the board's only continuing source of funds, providing about $75,000 a year, according to the academy. Each company pays an annual fee in connection with membership on the committee.

Agriculture Department Request

Contrary to information published in The New York Times last Wednesday, the National Institutes of Health never asked the Food and Nutrition Board to prepare the diet report and paid nothing toward its development. The report grew out of an aborted request from the Department of Agriculture, which in 1977 asked the board to evaluate the wisdom of nutrition guidelines for Americans.

Carol Tucker Foreman, Assistant Secretary of Agriculture, said the department had decided not to finance the study because it was in the midst of reorganizing its nutrition activities. She expressed "reservations about the affiliations of some members of the board," adding, "I'd prefer to have such work done by persons whose salaries come from public funds."

Dr. Harper, a biochemist at the University of Wisconsin, said he earned about 10 percent of his annual income serving as a consultant for the Pillsbury Company and Kraft Inc. He said that in his work for the companies he was not consulted on specific products but rather on general nutritional advice.

Links to American Egg Board

Dr. Olson, who wrote the final report, is a paid consultant for the American Egg Board, a Congressionally chartered, industry-supported organization that sponsors research and consumer education on eggs. In addition, two of the six members of the Food and Nutrition Board study group have done studies financed by the egg board. A spokesman said the organization placed no restrictions on the scientists whose research it supports.

Dr. Harper said he had no doubts about the independence and scientific integrity of any member and saw nothing improper about appointing Dr. Olson to head the task force on dietary guidelines.

All who serve on National Academy of Sciences committees must complete a conflicts-of-interest statement, which is filed with the academy president's office. Members are expected to inform their co-workers of possible conflicts, although they are not required to divest themselves of industry connections.

Three persons on the 15-member board said they knew nothing of Dr. Olson's connection with the egg industry. Dr. Philip Handler, president of the academy and a longtime friend of Dr. Olson, said he "never heard of the American Egg Board."

Dr. Olson, biochemist at the St. Louis University School of Medicine, said: "My conscience is clear. I can be labeled a man sympathetic to the nutritional value of eggs, but not necessarily to the egg industry. The data used in this report were based on the published literature, not association with the egg board."

He said he had taken the position as consultant on the research project only after being assured of complete scientific freedom.

The New York Times

THE WEEK IN REVIEW

Sunny Side Up For Cholesterol

The American Heart Association expects 949,400 people — 51 percent of all Americans who will die this year — to die of some form of cardiovascular disease. About a million people will have heart attacks, the most common and most spectacular form of cardiovascular disease, and about 65 percent of that million will die.

Since all Americans are mortal, it is not surprising that many of them are vitally concerned with any measures they might take to reduce the likelihood of heart attack. Such advice abounds — from taking it easy to living strenuously — but last week, one of the most nearly canonical medical recommendations for avoiding heart attacks became suddenly controversial because a prestigious scientific body said it lacked credibility.

The Food and Nutrition Board of the National Research Council, the branch of the National Academy of Sciences that establishes nutrient guidelines for the Government, said it had found no reason for the average healthy American to restrict consumption of cholesterol, or to reduce fat intake except as necessary to achieve and maintain normal body weight. The board said that seven large studies designed to test the effect of diet modification on heart disease had shown only a "marginal decrease" in the rate of heart attacks and "no effect on overall mortality." (*Biologists and statisticians are different at heart, page 7.*)

The board also said that there was insufficient evidence on which to base dietary advice for the prevention of cancer. Indeed, Dr. Robert E. Olson, a biochemist from St. Louis University who wrote the final report "Toward Healthful Diets," said last week that more clinical and animal studies would be needed before the group could consider changing its advice.

The board's report concurred with previous assertions that obesity and high salt intake do increase the risk of illness and premature death. It was in agreement with the most recent recommendations of the American Medical Association and was supported by milk, food and egg producers, whose wares are primary sources of fats and cholesterol in the diet. But it was roundly damned by the American Heart Association, which said "We stand behind our dietary advice to the American public — eating a maximum of 300 milligrams of cholesterol a day and 30 to 35 percent of calories from fat." (At present, the average American diet consumes 40 percent of his or her calories from fat, and 450 milligrams of cholesterol daily.)

As a matter of fact, Americans have reduced their intake of cholesterol and animal fats in recent years. And as another matter of fact, the cardiovascular death rate has fallen by 30 percent since the early 1960's. But these facts are not necessarily connected. Cardiac disease detection, therapy and surgery have improved in 20 years, the number of Americans who exercise regularly has increased (though the link between exercise and a healthy heart is still controversial), tobacco consumption has decreased (a link which is not doubted) and a much higher proportion of people with high blood pressure (another generally accepted danger) [illegible] receiving medical treatment.

Doctor

By Jane Ogle

BETTER MUSCLES, BETTER BONES

STATIONARY BICYCLE *This equipment is essential for astronauts in space and excellent for the earthbound wanting to shape up their legs. One should ride it at least five minutes three days a week. Those without bicycles can jog in place to simulate the effect.*

Few people give much thought to gravity and its effects on the body, yet a large part of the musculoskeletal system is engaged in supporting and moving our bodies here on earth can have effects similar to those of zero gravity. Prolonged bed rest, for example, or the immobilization of an arm or leg in a cast, is an obvious example, but the per-

Zero gravity is, of course, an extreme form of stressless environment. Dr. Bird guesses that it would take about eight hours of exercise daily to equal the exertion imposed by gravity. This is essential to offset debilitating effects, such as the "bird-leg syndrome," a shrinking of the leg which occurs partly in a space mission.

Situations with low physical stress

search Center in California. "Studies show that there are differences in bone densities between sedentary people and athletes. Certain bones in athletes have a greater mass than the corresponding ones in sedentary workers."

Now there is evidence, Dr.

SIT-UPS *This old standby helps to strengthen the back and abdomen. Lie on your back with the knees bent, feet on the floor and arms crossed on your chest. Sit up slowly, then ease back. Beginners should curl their bodies as far forward as they comfortably can.*

bone with age just as other people do, the dancer is likely to have more bone at any given period of life because she started out at a higher level. And this, in turn, is likely to protect against fractures."

How can one produce the appropriate muscle- and bone-building response to gravity? A NASA research team, headed by Dr. Alan R. Hargens of the University of California, San Diego School of Medicine, is developing exercise programs to prevent or mitigate muscle and bone atrophy during future outer-space expeditions, starting with the first space-shuttle mission devoted to

front of partner, arms at side. Try to keep arms down as partner tries to raise them sideways. Then try to raise arms sideways as partner tries to keep them down. This exercise tones the shoulder and midback muscles.

Push-Ups. Women who have trouble doing a regular push-up can do the exercise from the knees or standing and pushing against the wall. But the real push-up is best, even if one only goes partway down and partway up. This improves the outer arm and pectoral muscles.

Build up gradually to 10 repetitions of each of the eight exercises. Then progress slowly from one set of 10 to two or even three sets.

Dr. Hargens recommends doing some standard, slow, stretching exercises before and, if you wish, after working

Sunday, New York Times Magazine Section, May 18, 1980

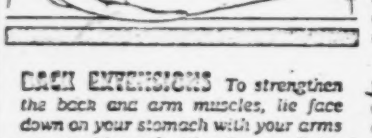
Pl.'s note: traditional "exercises" with straight limbs, unflexed knees, backward bending back, straight backs, etc. now understood at the most modern research centers for the most modern frontier exploration of space, using age-old techniques we did centuries which are entirely opposite to the forward bending back, shoulders rounded, chest down, knees flexed, etc. where traditional techniques insist upon chest high, shoulders back and even knees to not spend the rod to zero pupils 8 sit up "straight" to avoid "slumping" a concave curve 26 in the

against gravity's pull. The ill effects on both bone and muscle during so-called weightlessness (i.e., the absence of gravity's constant stress) has been made dramatically clear by studying astronauts after outer-space missions, and the lessons that scientists have learned can be applied to anyone on earth whose body is not getting enough physical stress in the course of everyday activity.

Disuse affects not only muscle, as most people are aware, but also bone, a dynamic substance which is constantly being torn down and built up again as part of the metabolic process. "The body is a remarkably efficient piece of machinery," says Dr. Joan W. C. Bird, director of biological research at Rutgers University and an adviser to the National Aeronautics and Space Administration (NASA). "It adapts very quickly to the amount of stress put upon it. If muscles are not used, if they are not subjected to stress, they atrophy. And as soon as the muscles lose tone and strength, the bones — which support them and maintain an upright posture against the force of gravity — also start to demineralize and atrophy."

And who spends long hours sitting at a desk also faces similar risks. "Arms may lose bulk," says Dr. Bird. "Hands may become small and frail. But there is an increase in the beam, the buttocks, because the body is quick to build up whatever tissues are being used."

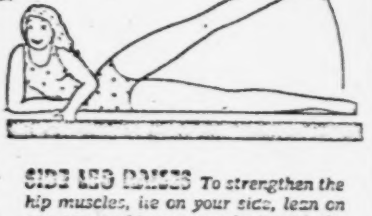
"Exercising the muscles does have a very important relationship to the amount of bone mass that one has," says Dr. David J. Baylink, chief of the mineral metabolism unit of the American Lake Veterans Administration Medical Center in Tacoma, Wash., who has been conducting bone-formation studies with NASA investigators at Ames Re-



BACK EXTENSIONS *To strengthen the back and arm muscles, lie face down on your stomach with your arms at your sides and with palms up. Raise your head, shoulders and legs so that your body forms a curve. Do not force your body to extend beyond capacity.*

search Baylink points out, that exercise can promote bone formation even in the elderly. "They do not respond as well, perhaps, as a younger individual. So it might be an impaired response, but it does occur." This is important, because bone loss increases with age — in fact, everyone begins losing bone mineral by age 40. Obviously, however, the important point is to develop a preventive exercise habit early in life — while still in one's 20's, 30's or 40's — and to keep right on going with it as one grows older.

Dr. Robert P. Heaney, vice president of health sciences at Creighton University in Omaha, believes that "the person who has built up good bone in earlier years will always maintain a certain edge — as far as bone loss goes." He underscores his point with an example: "Take ballet cancers. They have strong bone structures in their legs. And even though a ballet dancer loses the study of metabolic effects, in 1983. Asked for a simple and practical counterpart for those of us with sedentary jobs on earth, Dr. Hargens suggests the exercises illustrated here, plus the following basic routines to work the body's main muscle groups and contribute to bone health.



SIDE LEG RAISES *To strengthen the hip muscles, lie on your side, lean on one arm and brace your body with the other arm in front of your body. Raise your leg up sideways, then lower it. Repeat the exercise with your other leg.*

Knee Extension. Sit on table and try to raise lower leg as partner resists movement. Tense briefly. Relax. If you are doing this alone, use the wall for resistance. This strengthens the front thigh muscles.

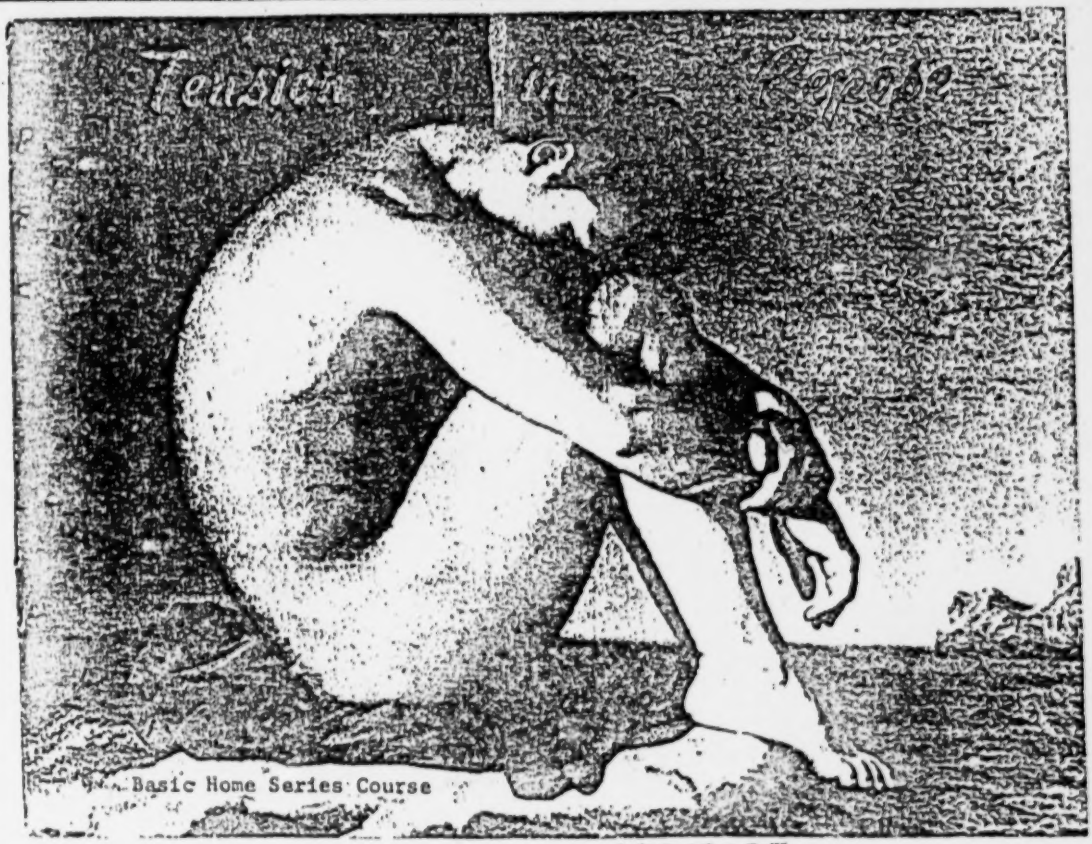
Knee Flexion. Lie on your stomach with lower legs flexed slightly upward at knee. Try to bring lower leg to right angle as your partner resists the movement. Tense briefly, then relax. If you are doing this alone, sit on a chair and push against the chair legs. This is good for back-of-thigh muscles.

Arm Resistance. Stand in

out. Good warm-up exercises include leaning forward toward the wall with the feet flat on the floor, lifting the knees up to the chest a few times, touching your toes with your knees slightly bent, and bending from the waist to each side. The basic exercise plan can be done every other day; aerobic exercises, such as walking, jogging, running or biking, can be done on intervening days.

And remember that before beginning this or any other exercise program, it is always important to talk with your doctor about the routine you intend to follow. □

Rodale Photo



THE HUMAN GYROSCOPE

Tension - in - Repose

MILLICENT LINDEN

- A GYROSCOPE keeps things in balance; it has inner serenity.
- The figure above is in the form and shape of a GYROSCOPE.
- TENSION-in-REPOSE is a series of diversified, original designs based on the principles of the GYROSCOPE common to all.
- TENSION-in-REPOSE is the long arm of biological law that stretches out to reach you and help you reach for your own, personal, individual serenity in the midst of any upheaval, like any calm in any storm, to relax all of your tensions, normal and in excess, without dissolving those tensions that are the tensions of life itself.
- Relaxing tensions naturally, wholesomely, enables your body to do its own time-worn wisdom to promote full efficiency of those functions that deal with body weight, body proportion-symmetry, buoyancy, sleep, disposition, and a host of other wholesome, enhanced natural processes that only you can feel and discover for your own body.

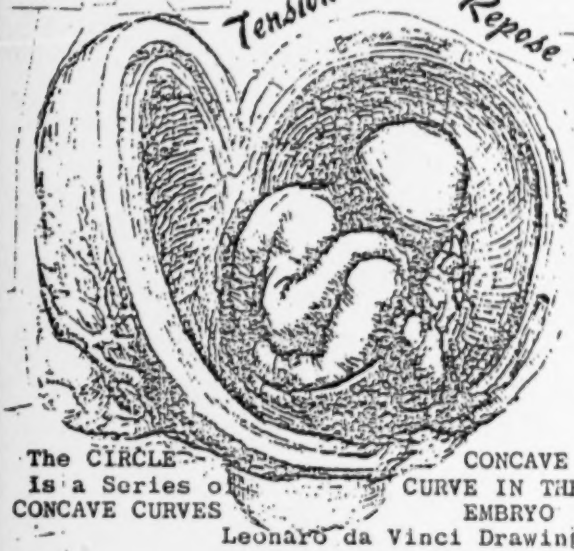
Tension - in - Repose 500 EAST 74TH STREET NEW YORK, N. Y. 10021

ALL LIFT STEMS FROM THE CONCAVE CURVE - ALL STRAIGHTENING STEMS FROM THE CURVE
The lift resists and balances the inward-down pull of gravity for body buoyancy.-

Tension - in - Repose

300 EAST 74th STREET - NEW YORK, N. Y. 10021
Millicent Linden, Director

Tension - in - Repose



The CIRCLE - Is a Series of CONCAVE CURVES

CONCAVE CURVE IN THE EMBRYO
Leonaro da Vinci Drawing

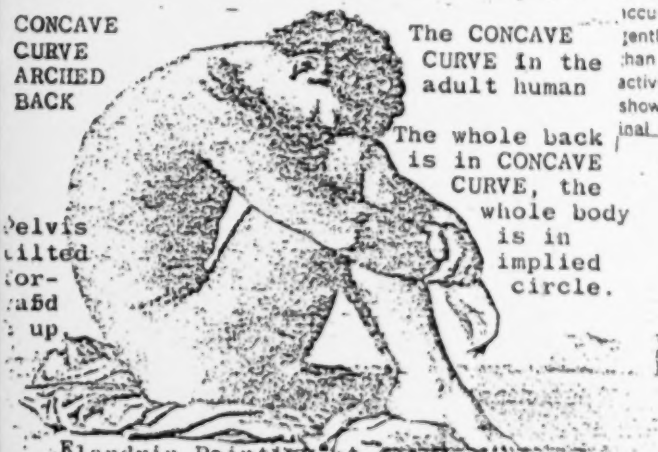
All individuals have some degree of inward curve in the middle of the back and so would need to execute the Rest-Love Stretch accurately and gently. Above the author instructs two athletes to gently ease into the stretching movements so that there is far less than the familiar, customary effort generally engaged in physical activity, so much so that the effort is next to nothing. Below—Close-up shows middle of the backbone down, touching the floor. The abdominal muscles are relaxed and fallen inwardly toward the spine, so

CONCAVE CURVE ARCHED BACK

The CONCAVE CURVE in the adult human

The whole back is in CONCAVE CURVE, the whole body is in implied circle.

Pelvis tilted for-ward and up



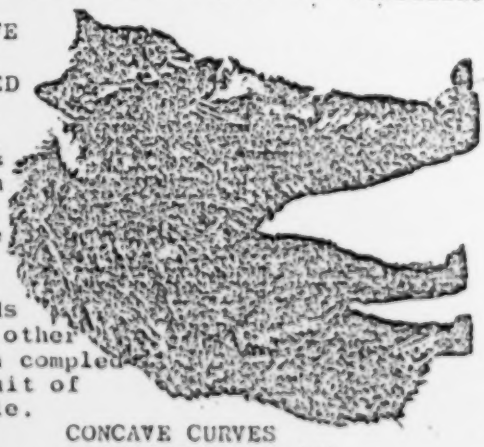
Flandrin Painting at the Versailles, France

UNCOILED CURVES from SPIRAL DESIGN

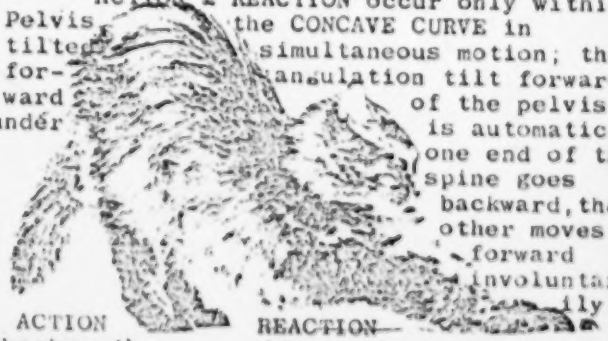
JET PROPULSION motion: Every action has an opposite and equal reaction ACTION & REACTION occur only within the CONCAVE CURVE in simultaneous motion; the angulation tilt forward of the pelvis is automatic, one end of the spine goes backward, the other moves forward involuntarily.

CONCAVE CURVE ARCHED BACK

Top & bottom ends of the spine point towards each other as in completed circuit of circle.



Pelvis tilted for-ward under



ACTION (backward) Involuntary

REACTION (forward) Involuntary both SIMULTANEOUSLY

CONCAVE CURVES
FOUNDATION FOR ALL SUBSTANCES IN ANTURE AND ANATOMY

Tension - in - Repose

TENSION-in-REPOSE is the immediate replacement of energy. Replacing energy as it is used is achieved through a system of specially designed movements for the human body. These movements give you a sense of weightlessness, make it possible for you to stand more erect with less effort than you now use, alleviate frustrations of daily living and resolve rather than dissolve your tensions.

TENSION-in-REPOSE develops a precision balance within the body which creates more buoyancy, sounder sleep, automatic appetite regulator, resilient muscles, trim waistline, taut abdomen and relaxed tension—enhancing life and love. There are ten basic patterns, each requiring but seconds to do, and their effects last for twenty-four hours.

The design of the movements is based on the physical laws of nature observed by Leonardo da Vinci, Sir Isaac Newton and Albert Einstein. The movements are unique, literally, for there are no others which provide internal leverage that give the body complete comfort, ease and inner harmonious action and interaction for all the muscles and organs to operate with minimum friction. So new are the movements that they anticipate nature's more upright posture of the human anatomy of the future, making it newer than man himself.

The benefits derived from TENSION-in-REPOSE are and can be guaranteed only because nature is consistent in her fundamental principles, and this brand new system is based on her simplest and most obvious laws which are generally taken for granted.

Tension - in - Repose

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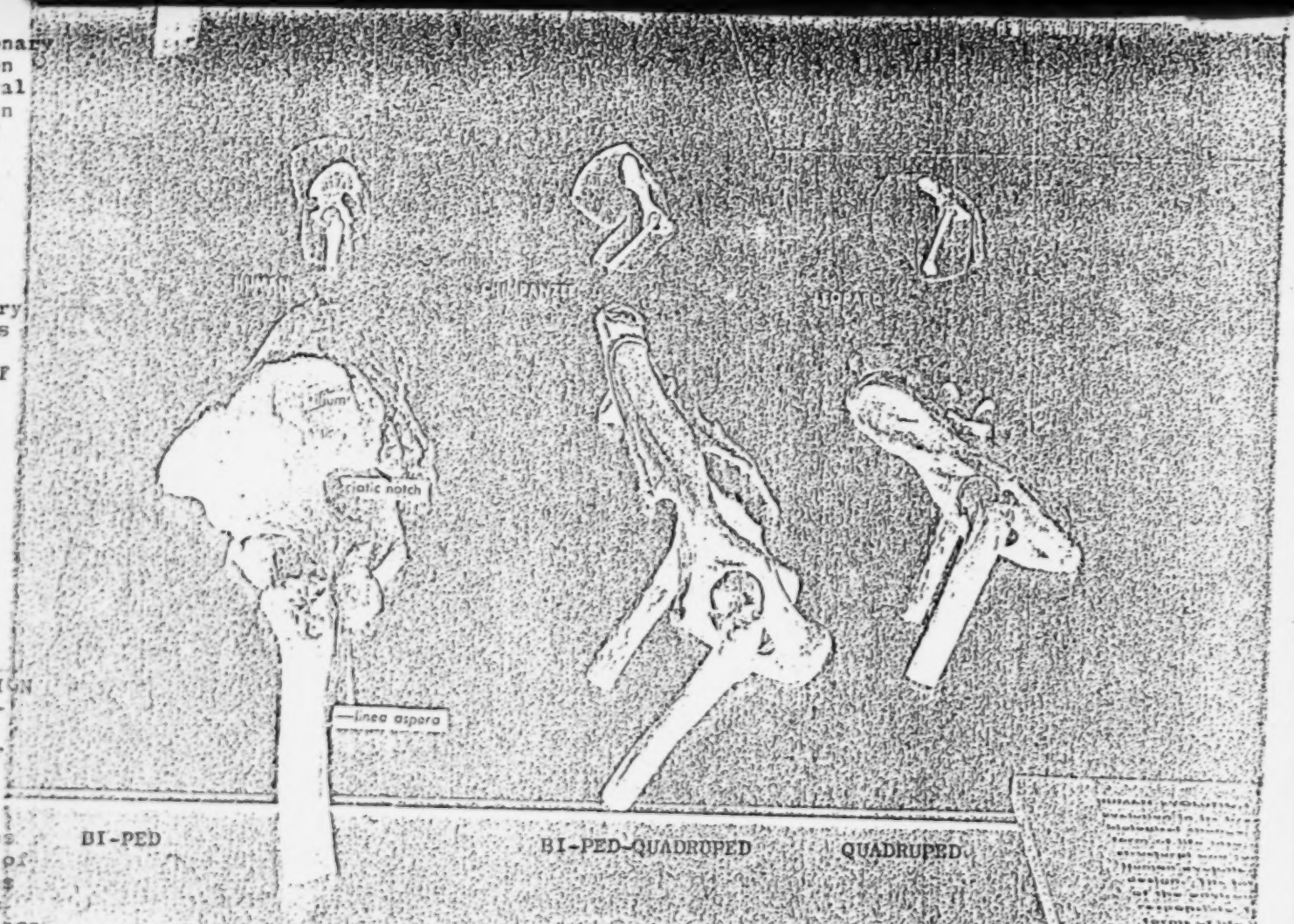
(212) 288-9453 MILLICENT LINDEN, Director

Evolutionary forces on structural design in aeons of time to raise & counter-poise pull of gravity through involuntary reactions to the ACTION OF CONCAVE ARCHING OF TOTAL BODY.



GRAND DESIGN --concave--curve-- allows for total contacts for full connections with ease of transitions for free & easy balance.

BI-PED		BI-PED-QUADRUPED	QUADRUPED
ULTRA HUMAN	HUMAN	CHIMPANZEE	LEOPARD (QUADRUPED)
TENSION-in-REPOSE transitional linkage to more upright angle of the axis of the pelvis	CONTEMPORARY ANGLE of the pelvis with axis of pelvis & total body at an acute angle	Angle of axis of pelvis at acute angle to surface closer to horizontal plane in	Angle of axiss of pelvis & body to horizontal plane to the surface

Richard Ribner, M. D.
25 CENTRAL PARK WEST
NEW YORK, N. Y. 10023
CIRCLE 6-7010

January 16, 1980

Tension in Repose
500 East 74 Street
New York, New York 10021

Attention: Ms Millicent Linden, Director

Dear Sir:

This is to certify that for a certain period of time Ms Linden did work with some of my patients both individually and in froups. It is gratifying to state that we were able to complement our efforts in the treatment of patients with complaints primarily psychiatric in nature.

My area of interest is that of biochemical balance and psychotherapy. Ms Linden utilized her special technique of the Soma and psychic. The patients did respond favorably to our combined efforts, and I do certify that their improvement was enhanced considerably through the system devised by Ms. Linden.

I am looking forward to again working with Ms. Linden.

Yours truly,

Richard Ribner MD